

# THE OLLI

*News for the members of the Osher Lifelong Learning Institute at UAH*

# INSIDER

**FEBRUARY 2021 ISSUE**



**Osher**  
Lifelong Learning  
Institute **at UAH**

Wilson Hall Room 113, Huntsville, AL 35899 | 256.824.6183 | [OLLI.info@uah.edu](mailto:OLLI.info@uah.edu) | [Osher.uah.edu](http://Osher.uah.edu)

# CALENDAR

## FEBRUARY 2021 - MARCH 2021

Sign up for each event by clicking “online”. All bonuses/events are through Zoom video conferencing. You will receive an email with the Zoom meeting invitation one business day prior. There is a limited capacity per event.

**Feb 5 | Fri | 11:00 am | [Online](#)**  
**Coffee Chats: Bingo**

Join us to play the game of chance. Game cards will be provided to each member prior to the event.

Sign up [online](#) for the coffee chats using Zoom.

*Presented by Ale Pacheco, OLLI Program Manager*

**Feb 12 | Fri | 11:00 am | [Online](#)**

**Bonus: Art Against the Odds - Programming During a Pandemic**

Travel back in time to the incredible days of March 2020 and find out what was happening behind the scenes when the Huntsville Art Museum's doors closed to the public. Since reopening in late May, learn how the institution has been adapting to the unfolding realities of the pandemic, including how the continuing health crisis has shaped the exhibition program and created new programming initiatives going forward.

Sign up [online](#) for the bonus using Zoom.

*Presented by Peter Baldaia and David Reyes*

**Feb 19 | Fri | 11:00 am | [Online](#)**  
**Coffee Chats: Scattergories**

Bring on your creative side as you name objects within a set of categories in a short period of time.

Sign up [online](#) for the coffee chats using Zoom.

*Presented by Ale Pacheco, OLLI Program Manager*

**Feb 26 | Fri | 11:00 am | [Online](#)**  
**Coffee Chats: Trivia**

Test your knowledge on interesting facts in many subjects while enjoying a morning with fellow members. The game will be played individually.

Sign up [online](#) for the coffee chats using Zoom.

*Presented by Ale Pacheco, OLLI Program Manager*

**Mar 5 | Fri | 11:00 am | [Online](#)**

**Bonus: The Nature of the Goldsmith Schiffman Wildlife Sanctuary**

Discover rare dwarf trillium and a great blue heron rookery in early spring: colorful wildflowers and dragonflies in summer and fall; and track a raccoon or river otter in new fallen snow in winter. Through a virtual expedition, explore Huntsville's Goldsmith Schiffman Wildlife Sanctuary to experience its seasonal biodiversity and natural history.

Sign up [online](#) for the bonus using Zoom.

*Presented by Dr. Marian Moore Lewis, Retired Research Professor and Nature Advocate*

**Mar 12 | Fri | 11:00 am | [Online](#)**  
**Winter Teacher Appreciation Day**

Gather with friends to appreciate OLLI instructors and facilitators at our online event.

Sign up [online](#) for the coffee chats using Zoom.

*Presented by OLLI at UAH Social and Curriculum Committees*

KEEP UP WITH THE LATEST  
EVENTS AT  
[OSHER.UAH.EDU/OLLIEVENTS](https://osher.uah.edu/ollievents)

**LET'S PLAY  
BINGO!**



Hosted by OLLI at UAH Program  
Manager and Coordinator

**2/5 | F | 11:00 am**

Click on the image to register

## BABY, IT'S COLD OUTSIDE



This time of the year has always been hard for me because, being originally from the West Coast, I am not what you consider to be a cold-weather person. I need my warmth, sunshine, and good friends to cheer me on and remind me that the weather will change before I know it.

OLLI helps me get through my doldrums by providing activities that help take my mind off the weather. Although we still must continue to self-isolate and not be together physically, we can still participate in OLLI courses and bonuses through the use of Zoom.

The winter term is underway, and there are lots of courses and bonuses to choose from. Read on to find out what courses are spotlighted in this month's issue. You can also go to the OLLI website and check out all the courses in the winter catalog at [Osher.uah.edu/OLLI/Catalog](https://Osher.uah.edu/OLLI/Catalog)

This month's *People of OLLI* highlights the members of the editorial team who bring you the *OLLI Insider* every month.

Don't forget our Annual Photo Contest is underway, and Leah Black explains everything you want to know about submitting your photos.

The nomination window for Volunteer of the Year as well as the Legacy Award will start soon. More info inside!

Also, we continue to look for members who want to serve on the Board of Directors for the 2021-2024 term. If interested, please submit your nomination form by mid-February.

Since February 14th is the day we show love to the special people in our lives, I hope you will take the time to reach out and show your someone special how much you care and love them.

Happy Valentine's Day!

**Elizabeth Kocir**  
**PR Committee Chair**

### Share Your Quarantine Story!

Tell us what you have been up to during this time.

Submit your story to  
[OLLINewsletter@uah.edu](mailto:OLLINewsletter@uah.edu)  
by the 17th of each month.



## COVID HAS MADE ME A GAMER



We have all been restricted for almost a year now, and it has had a significant impact on all our lives.

One of the things it has impacted with me is my activities outside the house. I have time on my hands.

My granddaughter, six years old, overheard a discussion I was having with my daughter about the need for activities. My granddaughter spoke up and said, "Papa, you can play Pokémon Go. It's a lot of fun, and I will be your trainer."

So began my spiral into the dark world of gaming.

In this game, as you walk around, you capture cartoon-like characters in battles where you throw Poke Balls at them to capture them. That leads to a dilemma: You have to get Poke Balls. Poke Balls are obtained at Poke Stops or Gyms, which are at churches and parks.

By the way, there are also Gym Battles, which allow you to overthrow the characters that have possession of the gym. This is accomplished in battles where your opponents "faint" if you win. You need to possess the gym because you get paid 50 gold coins a day as a defender.

I am currently in seven gyms. I have captured more than 1,700 Poke Characters, most of which I have sold to the Professor to get Candy and Stardust to allow me to evolve some of my characters to higher strength to build a stronger Battle Group.

This has led to a serious issue: My iPhone SE struggles sometimes with capacity, so I am trying to decide if I need to stay with 4G on an iPhone 11 or migrate to 5G with an iPhone 12.

My trainer periodically reviews my Pokedex and tells me she is impressed with my progress. I would try to talk this through with my wife, but she has already chosen the iPhone 11, and is now a Grade 28 and does not have time for a struggling Grade 26. I think I am headed for an intervention. 😊

On a more serious note, we are headed into the election process for the OLLI Board of Directors. Your nominating task force has been meeting, and the process will begin with the election of new board members to replace those retiring.

Your new board begins service in May, when they will elect their executive team. I will be retiring from the office of president. Though our bylaws would allow me to run again, we have a recent tradition of the president serving two years, and I will continue that tradition.

Your OLLI board has done a great job managing our expenses during this time. Unfortunately, as I have told you before, financial stability of our program within the College of Professional Studies has not done so well.

We typically would have between 450 and 500 individuals taking courses each term; we are now, in the days of Zoom, running between 150 and 200 people taking courses. The revenue from these courses is the majority of the support funding that CPS uses to cover operational costs for our OLLI program.

For this reason, please support generously to the OLLI Support Fund and don't forget to renew your membership. It provides a significant boost to our university support.

Thank you for supporting your OLLI.

**David Styers**  
**President, OLLI at UAH Board of Directors**



## RENEW YOUR OLLI AT UAH MEMBERSHIP

**CONTINUE TO ENJOY THE  
ONLINE COURSES, BONUSES  
AND SOCIAL EVENTS!**

Three ways to renew:



**ONLINE AT  
OSHER.UAH.EDU**



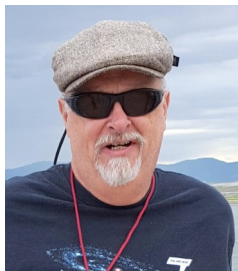
**PHONE US AT  
256.824.6010**



**MAIL  
REGISTRATION  
FORM FOUND  
ONLINE**



## GREAT CURRICULUM REQUIRES A GREAT TEAM



By the time you read this newsletter, America and the world will have been suffering under a disease pandemic unseen in over a century and possibly ranking among the worst global health care events ever recorded in human history.

COVID-19 washed over us last March like a malevolent tidal wave, attacking our most vulnerable and perhaps forever changing the way we approach our lives. As of the time I am writing this, there are some 24 million reported cases in this country that have resulted so far in some 400,000 deaths.

Nearly everyone or every family has been touched in some way. I have. And the sadness, the questioning whether we'll ever be the same again, and yes, the anger at the multiple failures in combating this insidious virus will haunt me, and perhaps us all, forever.

But even under those ever-constraining conditions, our OLLI program has flourished. Yes, membership numbers have decreased, as have course enrollments, but in spite of that, we — *you* — have persevered. Those numbers look like they're starting to rise again finally. Be proud of that! It's a small but important way of fighting back and maintaining control of how we live our lives.

And that, finally, brings me to my subject: the OLLI experience and our winter term.

Today, we are nearly halfway through the term, and what a term it has been. I believe that this is the best collection of courses, instructors, and opportunities we have offered our membership in all the time I have been associated with the program.

Personally, I have signed up for more courses this term than ever before, and even in so doing, had to make some very hard decisions choosing between courses because they were scheduled at the same times. It is an absolutely wonderful situation in which to be.

How that happened is attributable to the dedication and hard work of a number of people who, in my humble opinion, never get enough credit. And so, if you'll allow me, I'd like to take a moment to recognize them and thank them for all they do.

First, there's the College of Professional Studies staff — Fathia, Ale, Alice and others who are tirelessly working in the background doing the underappreciated administrative tasks it takes to make a program like this successful. Their efforts never waiver, and the results are always outstanding. It's their continual outreach to us all through vehicles like this newsletter that keeps our OLLI family alive and well.

Second, there are the discipline chairs — Val, Sue, Bill, Joan, Birgit, Harriett, Rexanne, Steve, Barbara, and Jill — who forever scour the countryside looking for topics and instructors who expand our horizons and make our curriculum the talk of other OLLI programs throughout the country. I am continually amazed and impressed by all they are able to do.

And finally, there are all those people who volunteer to be our instructors. They spend untold hours putting together professional presentations that are a credit to any educational system. And now, they do it in an entirely different paradigm than that to which they are accustomed — the Zoom environment.

Adapting a course of instruction to meet this new path requires a rethinking of presentation methods, especially how to deal with questions, handouts, and all the other little ancillary things students rarely think about. And yet they succeed. These instructors are the real heroes of our program, and I can't tell you how much I appreciate their hard work. Thank you!

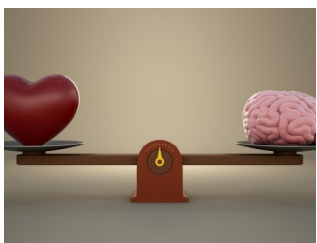
So, you know by now how great our current term is. But I can also tell you that the lineup for spring will be equally amazing. So sit back and get ready for another great year. I can promise you that you won't be disappointed.

And with that, I shall bid you adieu for this month. Till next time ...

**John Mason**  
**VP of Curriculum, OLLI at UAH Board of Directors**

# COURSE SPOTLIGHT

Winter 2021 is already in full swing, but we have more courses starting in February and March. You can register for courses at [Osher.uah.edu/OLLIRegistration](https://Osher.uah.edu/OLLIRegistration). We hope you can join us virtually in the winter!



## **Intricacies of the Mind: Self Regulation**

**2/10 - 3/3 • W • 8:30—10:00 am • 4 sessions • Dr. B Confer • \$25**

Is self-regulation the most challenging aspect facing the human mind? Discover basic research findings in self control of emotions, energy states, thoughts, and behaviors. Learn practical applications on how to maintain marital equilibrium and regulating emotions through these findings.



## **TED Talks**

**2/10 - 3/3 • W • 10:30 am—noon • 4 sessions • D Styers • \$25**

TED (Technology, Entertainment, and Design) Talks have provided many amazing stories and ideas worth sharing. In this collaborative learning course, members choose TED Talks to display and discuss based on their curiosity and interests. Join us in this student led forum as we learn new ideas and topics.



## **Breath-Centered Yoga**

**2/16 - 3/9 • T • 5:00 - 6:00 pm • 4 sessions • R Frank • \$25**

Focus on linking breath with movement and finding shapes that work for everyone's unique bodies to improve flexibility, balance and more. This course is suited for all levels, from beginner to advanced practitioners. Please have your yoga mat and blanket/beach towel available and plan a place to practice where you can see and hear the Zoom meeting.



## **UAH: Through the Years**

**2/18 - 3/11 • Th • 8:30 - 10:00 am • 4 sessions • N Darnall • \$25**

How did UAH become its own University? How did the Charger end up being its mascot? Find out the answer to these questions and more as you discover more about The University of Alabama in Huntsville (UAH) from its humble beginnings in the 1940s to its unprecedented growth in the present day.

# EXECUTIVE COMMITTEE

## FEB. 19 - DEADLINE FOR BOARD NOMINATIONS



Do you enjoy being a part of OLLI at UAH? Do the courses and social activities give a little structure and personal fulfillment to your life? Has OLLI helped your mental wellness during the pandemic?

If you can answer *yes* to any of these questions, would you be willing to be an advocate and active supporter of OLLI at UAH?

We are currently seeking candidates for your Board of Directors for the 2021-2024 term. We need individuals who will represent the educational, cultural, and social needs of all members. We're looking for new, innovative ideas and programs, as well as the ability to work with other members who also want to see our organization flourish now and in the future.

The nominations will be individually considered by the nomination task force, then submitted to the OLLI membership in March for the official election process. The criteria for nominations include:

1. Availability to serve as a board member for three years.
2. Active membership in OLLI at UAH for at least one year prior.
3. Participation in at least two terms of OLLI at UAH courses.
4. Understanding of the OLLI mission, programs, membership and committees based on summary information available from the nomination task force chairman.
5. Completion and submission of a Board of Directors Candidate [Nomination Form](#) within the period nominations are open.
6. Participation in a meeting hosted by the nomination task force (if scheduled) to discuss expectations, review responsibilities, and encourage serving on the board.

Please consider completing a Board of Directors nomination form by clicking [HERE](#) before February 19, 2021, and help strengthen OLLI at UAH now and in the future. Your participation is critical to our success!

**Janet Reville**  
**Nomination Task Force Chair**



2019 OLLI Board of Directors

# VOLUNTEER OF THE YEAR

## AWARD NOMINATIONS TO START THIS MONTH



*Happy new year, all! Hopefully, 2021 will be a whole lot better than 2020. Even though we are still attending courses via Zoom (isn't it wonderful?), we do have to think about recognizing our very deserving volunteers.*

It will soon be time to start the nomination process for the Volunteer of the Year, as well as the Legacy Award. Please start thinking now about those volunteers whom you would like to see honored.

The nomination window will open about February 15, and members will get an email announcing it, along with a link to make a nomination. The window will be open until mid-March.

As a reminder, the Volunteer of the Year (VoY) is an annual award. This year's award covers the period from spring 2020 through winter 2021. The Legacy Award is for those members who go above and beyond, not just for one or two terms, but over multiple terms/years. The only restriction for the Legacy is that the nominated person cannot be a current board member.

So, as we continue our winter term, please pay attention to your OLLI surroundings and think about those volunteers who are giving of their time to keep us going. Don't wait until the nomination window opens — start that thought process now.

I hope each of you will take a few minutes to recognize someone. Watch the *eNews* and your email for more information.

Happy February!

***Irene Garoppo***  
***Volunteer Support Committee Chair***



*Rexanne Warfel—Volunteer of the Year 2019-2020*



*Sue Chatham— Legacy Award Recipient*



# MEMBER SERVICES COMMITTEE

## THERE'S STILL TIME TO SUBMIT YOUR PHOTOS



Submitting photos for our Annual Photo Contest is fast approaching the April 1st deadline. This year's theme is *Scenic Tennessee Valley*, and with all the beautiful areas surrounding us, I am confident we will get some beautiful pictures. You can submit pictures of parks, forests, trails, the sky, waterfalls

and more!

The rules for submitting your photos are as follows:

- Name your photo.
- No recognizable persons, please.
- Photos must not have identifying/copyright marks.
- Color photos are preferred but not required.
- Capture images with any type of camera, phone or other device.

Photos will be judged by a team of knowledgeable photographers in the Huntsville area. Prizes will be awarded for the first-, second-, and third-place winners.

Experience has shown me that we have some very talented OLLI members who know how to handle a camera. This past year has proven to be a challenging one, but getting out into the countryside and snapping a photo is an activity we can still enjoy.

Submit your photos today to  
[OLLIPhotocontest@gmail.com](mailto:OLLIPhotocontest@gmail.com).

**Leah Black**  
**OLLI at UAH Member Services Committee Chair**

**2021  
PHOTO CONTEST**

**Scenic Tennessee Valley**

- Photos must be taken April 1, 2020 – March 31, 2021
- Photographer must be a current OLLI member
- Gentle photo editing permitted but keep the original photo
- Submit named photo in a standard digital .jpg format  
Recommend at least 2 MP final pixel size

**Submit entries to: [olliphotcontest@gmail.com](mailto:olliphotcontest@gmail.com)**  
Include when/where the photo was taken, your name, phone number and email. [Osher.uah.edu/OLLIPhotoContest](http://Osher.uah.edu/OLLIPhotoContest)



*First Place of 2020 Annual Photo Contest*

*"Things That Fly"  
Redhead by Philips Flowers*

## MEMBERS OF THE OLLI INSIDER TEAM



**Elizabeth Kocir, Editor and Public Relations Chair**

I retired to Huntsville in 2009 after a 30-year career in various marketing and sales positions in the health insurance industry in Northern California. I joined OLLI in 2017 because I have such a love of learning and meeting new people. I currently serve on the Board of Directors as the public relations chair. In October 2019, I assumed responsibility as the editor of the *Insider*. Working on the *Insider* has been a wonderful experience for me. Not only do I get to continue using my skills, but I also get to work with a very talented, creative team that every month puts out a publication that showcases the diversity of OLLI and all that it offers.



**Glen Adams, Reporter**

I grew up in southern Missouri and Kansas City, the son of a Baptist minister. I spent six years at the University of Missouri majoring in English and journalism, finishing the coursework for a masters. Fortunately, the Army offered me a job in Huntsville in 1977 in public affairs working on the *Redstone Rocket*. This really started my journalistic career. I began working on other military-related publications, including *PS* magazine, the Army's preventive maintenance monthly. This assignment allowed me to travel all over the world to various locations, i.e., South Korea, Hawaii, and Germany. I also traveled extensively on my own all over Europe, Israel, and China. When I retired on Oct. 1, 2019, I went to my first OLLI class, and I have not stopped. I have learned so much about military history, art, dinosaurs, and the Wild West, among other things. Writing for the *OLLI Insider* has given me a chance to continue journalism. OLLI has become an important part of my life.



**Kathryn Cataldo, Public Relations co-chair**

I am a veteran journalist, having started my career after attending The University of Alabama, where I majored in English. My background includes being a NASA TV alumna and strategic communication entrepreneur. Shortly after becoming an OLLI member, I was elected in 2020 to the Board of

Directors, where Liz Kocir recruited me to be the public relations co-chair. I also serve on a couple of other committees. I enjoy working on the *Insider* because it gives me the opportunity to engage with other, similar professionals, as well as expanding my knowledge of the OLLI program and how it all works. I especially enjoy our monthly editorial meetings, where we all come together to devise new ways to make the publication more enjoyable for our members.



**Sue Chatham, Technology Specialist**

I am one of the original lifelong learners, having in 1994 joined the Academy of Lifelong Learning at UAH, later to be known as OLLI at UAH. Over the years, I have served on various committees, as well as the Board of Directors. In 2018 I was awarded the OLLI at UAH Legacy Volunteer Award, an honor that I highly treasure. Over a year ago, Liz Kocir asked if I would be the "tech" person for the OLLI newsletter. I hesitated but am glad that I agreed. I have learned so much about the inner workings of getting a publication out on a monthly basis, from editing standards to using today's technology. I have made new friends and have a better appreciation for the hard work that every person involved in the *Insider* does on a monthly basis. For anyone wanting to contribute time and energy to the OLLI program, I highly recommend working on the OLLI newsletter. It is an extremely rewarding task.



**Steve Stewart, Copy Editor**

I grew up in Monroeville, Alabama, and graduated with journalism degrees from the University of Georgia and the University of Alabama. I worked as a newspaper reporter and editor (most recently at *The Decatur Daily*) before teaching journalism at Troy University for 10 years. I retired in 2019, moved back to Decatur, and found OLLI online. My job with the *Insider* includes editing text and photos and assisting with design. It's fun helping spread news about OLLI and trying to make sure everything is correct, complete and clear. My wife, Patrice, is the editor of the statewide newsletter for Kiwanis clubs, and I help her produce it. Daughter Emily is trying to teach me to play the guitar.

## IN MEMORIAM: DICK FISHER



Dr. James Richard "Dick" Fisher, 85, of Madison, Alabama, went to be with his Lord on January 9, 2021.

He is survived by his daughter, Jill Lancaster, of Madison; seven grandchildren; six great-grandchildren; a niece; a nephew; a great niece; and

partner Peggy McClure. He was predeceased by his wife, Rebecca Horner Fisher, son Brent Fisher, grandson Jacob Fisher, and his only brother, Fred Fisher.

Dick was born in Jonesboro, Arkansas, where he met and married Rebecca. Dick and Rebecca were childhood sweethearts and were married 52 years.

Dick completed his bachelor's degree in electrical engineering with highest honors at Georgia Institute of Technology. He completed his master's and Ph.D. in electrical engineering at the University of California, Los Angeles. Dick was a member of Eta Kappa Nu honor society, Sigma Xi, Tau Beta Pi and Phi Kappa Phi. He was awarded a Howard Hughes Fellowship to attend UCLA.

Dick worked for Hughes Aircraft in Los Angeles. He and family later moved to Dallas to work for Texas Instruments. In 1968, Dick moved to Huntsville to manage the radar department at Teledyne Brown Engineering.

After 14 years in industry, he began working for the U.S. Army. His first position was manager of the Site Defense Radar Program. His last position was director of the Missile Defense and Space Technology Center. Dick made significant contributions to the defense of the United States. He was the highest-ranking civilian until his retirement in 1999.

Dick was an active member of Huntsville First Baptist Church, the Greater Huntsville Rotary Club, the Master Gardeners of North Alabama, and Meals on Wheels.

Many of us met Dick and Peggy McClure (his close friend over several years) through the Osher Lifelong Learning Institute (OLLI) at UAH, where he served on the Board of Directors as treasurer. He put a lot of energy into supporting the organization. Many of us worked with Dick and Peggy, socialized with them, and came to respect what they both stood for.

We, the members of OLLI, will miss Dick's insights and keen observations. If you so desire, a contribution in Dick's memory can be made to the OLLI Support Fund at [Osher.uah.edu/DonateOLLI](https://osher.uah.edu/DonateOLLI)

*Written by Sue Chatham*



*Peggy McClure & Dick*



*Dick, Linda Harman & Jennifer Humiston*



*Peggy, Dick & Beth Altenkirch*



*Dick & Bill McAllister*



## COVID-19 QUARANTINE STORY: YEAR-END REFLECTIONS, ARMCHAIR TRAVEL



Short days and twinkling nights; joyous sounds and mulled spices in the air. Inevitably, too, time for nostalgia and reflection — a long year of missing hugs, disheartening news, searing divisions, affronts and untold suffering. We know their names.

And we hope and dream as if an imperative! More than ever, we look to the promise of tomorrow. I am grateful for many blessings, and not the least is the gift of wonder — in the technology that lets me see my children and friends despite a lockdown, and beholding like a child again the treasures of out-of-doors. Both have been special blessings this year.

Now that it is chilly and often rainy out, I'm reminded of another blessing — the real joy of being at home. Yes, I've found my old recipes, scrapbooks, lost items and streaming on TV. Who even knew that there were so many quality broadcasts?

In this year of COVID-19, I've been transported around the world and through history by video, for example with the PBS Passport app and its rich archive. This is offered as a bonus to donors to PBS. You are probably already a donor, so sign up for Passport and see more than your local station's offerings. (No, I do not work for public TV.)

Links below are a sampling of programs I've watched recently, a mix of human stories and travelogues in the USA. These show me examples of goodness and majesty that are in nearly every county of every state of our large and diverse country — we have enormous riches in this land, natural and human assets galore. Just being reminded again by these videos from "good" media excites my imagination about the future of America.

Something I've learned from armchair travel is that there are amazing encounters to be had within an hour's drive of my home; there are world-class experiences within a day's drive; and there is hardly a backroad that doesn't hold a surprise. No price on gifts such as these!

### Shared links:

Great interview with U.S. Supreme Court Justice Neil Gorsuch and Margaret Hoover on the Constitution and the Supreme Court's place in the balance of power and rule of law — thank God, totally nonpartisan! Imagine that!  
<https://www.pbs.org/video/neil-gorsuch-xrku7e/>

Eero Saarinen's architectural achievements are mind-boggling — a man ahead of his time. <https://www.pbs.org/video/american-masters-eero-saarinen-architect-who-saw-future/> (55 minutes; watching on TV is better)

Saarinen father and son, renowned architects, worked wonders in the futuristic public spaces of Columbus, Indiana. <https://www.pbs.org/video/art-trip-columbus-indiana-ngx0oe/>

Crystal Bridges represents to me one of the best contemporary give-back projects from corporate America to customers worldwide. <https://www.pbs.org/video/crystal-bridges-offers-a-world-of-art-in-arkansas-backyard-1529709636/>

Nebraska Stories are made in the heartland of America, and they are telling. <https://www.pbs.org/video/1112-herb-mignery-cowboy-artist-and-more-7gf5dp/>

My friends and ever-growing family are my mainstays.

Wishing you the gifts of this season and all the optimism a new year offers.

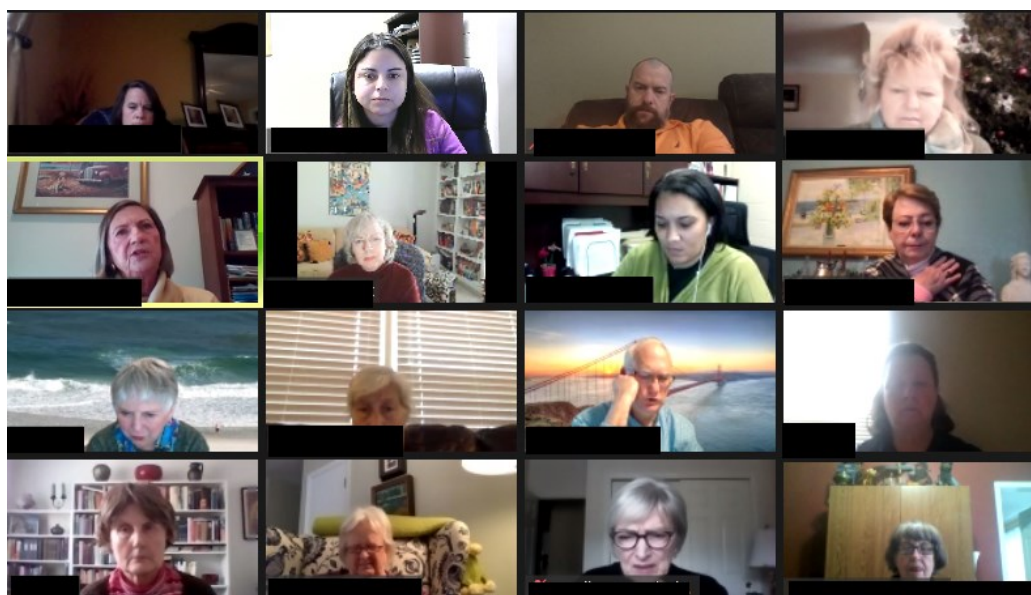
**By Jane McBride**



## SPECIAL COURSE: SHAKE AND POUR - LEARNING MIXOLOGY



## WINTER TERM BONUSES AND COURSES!



*Opioid Epidemic Bonus*

**Heat maps** Visually represents integration of data from RNA-seq and CHIP-seq datasets

Which genes are expressed differently in the absence of STAT 3?

A. (HCC70) 737 genes  
C. (MDA-MB-231) 548 genes

Which of those genes had a STAT 3 binding site near their TSS ?

A. 245 down-regulated (green) 231 up-regulated (red)  
C. 104 down regulated (green) 112 up regulated (red)

What is the function of those genes ?

Genes regulated by STAT3 were involved in inflammation, immunity and invasion and metastasis in TNBC

Findings indicate therapies targeting STAT3 may be important for preventing TNBC metastasis

*Journeys in Genomics Course*

# THE LAST WORD

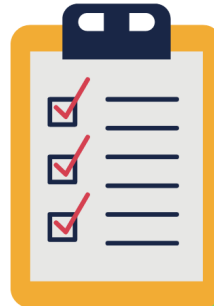
VIRTUAL BONUS

## Art Against the Odds: Programming During a Pandemic

PRESENTED BY THE  
HUNTSVILLE MUSEUM OF ART

CLICK ON THE  
IMAGE TO REGISTER.

2/12 | F |  
11:00 am



## Coffee Chats: Scattergories

presented by  
OLLI at UAH Program  
Manager and Director

2/19 | F | 11:00 am

Click on image to get  
registered.

???

# COFFEE CHATS: TRIVIA

2/26 | F | 11:00 am

Click on the image to register

Virtual Bonus

## The Nature of the Goldsmith Schiffman Wildlife Sanctuary

presented by  
Dr. Marian Moore Lewis

3/5 | F | 11:00 am

Click on the image to register.